Installing and Maintaining the Atlas™
Treadmill

///PRECOR®

Edition Information

Assembling and Maintaining the Atlas Treadmill

00000-101

Trademark Note

Intellectual Property Notice

Important Safety Instructions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on or pinched by items placed upon or against them.
- Ensure the equipment has adequate ventilation. Do no place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- Locate the equipment a few feet from walls or furniture, and away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.

- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or saturated by water. Call for service immediately if any of these conditions exist.

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.

- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.

- Maintain the equipment to keep it in good working condition. Refer to the *Maintenance* section. Make sure that all fasteners are secure and that the running belts on treadmills are clean and running smoothly.

- Do not attempt to service the unit yourself except to follow the maintenance instructions found in this guide.

- If you plan to move the equipment, obtain help and use proper lifting techniques. For more information, refer to *Moving the Equipment*.

- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments may cause injuries.

- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.

- Do not use outdoors.

- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, display console, or covers. Place liquids, magazines, and books in the appropriate receptacles.

CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the Installation and Maintenance Guide before operating. There are no user-servicable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC supply only.

Safety Code

The club owner or manager has the option to enable the safety code. With the code enabled, a user must enter four number keys in the correct order before using the equipment. If the user does not press the correct keys within two minutes, he or she is denied access to the equipment.

Safety Approval

When identified with the ETL-C logo, the unit has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-04, EN 60335-1: 2002 Safety of Household and Similar Electrical Appliances. This equipment is a Class S/B or C certified machine according to applicable EN957 standards.

Educating Users

Take time to educate users about the Important Safety Instructions found in both the *User Reference Manual* and *Product Owner's Manual*. Explain to your club or facility patrons that they should observe the following precautions:

- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- Face the display at all times.
- On treadmills, straddle the running belt and attach the safety clip to clothing at waist level before touching the display.

  Important: *For safety, make sure users step onto the running belt while it is moving at or below 1 mile per hour (1 kilometer per hour).*

- Hold on to a stationary handrail or handlebar with one hand whenever you operate the display keys with the other hand.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Radio Frequency Interference (RFI)

This Precor equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING   **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

This product conforms to the requirements of the European Council directive 1999/5/EC Radio Equipment and Telecommunications Terminal Equipment and has been tested to the following standard:

- EN 301 489-9 V1.3.1 (2002-2008)
- EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment.
- EN 301 357-2 V 1.3.1
- EN 301 357-1 V 1.3.1
- EN 301 489-01 V 1.5.1

This product conforms to the requirements of the European Council Directive 2006/95/EC, Low Voltage Directive and has been tested to the following standard:

- EN 60950-1:2002/02/22 Information Technology Equipment Safety, Part 1.

Treadmill Grounding Instructions

The treadmill must be grounded. If the equipment malfunctions or breaks down, grounding draws off electric current and reduces the risk of electric shock. The power cord on the treadmill is equipped with a grounding conductor and a three-pin grounding plug. This plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to ground the treadmill properly may void the Precor Limited Warranty.

DANGER   **Improper connection of the grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are not sure whether the equipment is properly grounded. Do not modify the plug provided with the treadmill. If the plug does not fit the outlet, have a proper outlet installed by a qualified electrician.**

120 V and 240 V Equipment Designated for U.S. Markets

The treadmill must be connected to a dedicated branch circuit. A 20 amp dedicated branch circuit is recommended. The treadmill's grounding plug looks like the plug shown in one of the following two diagrams. The power outlet must have the same configuration as the plug.

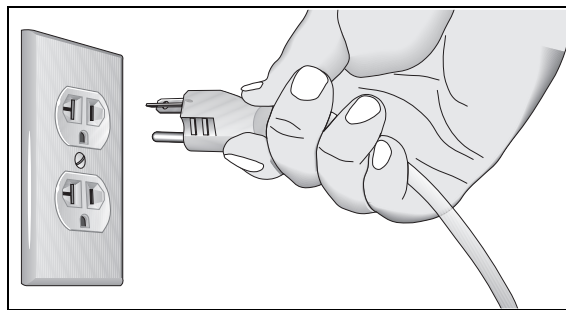*Important: Do not use any power cord adapter with this product.*
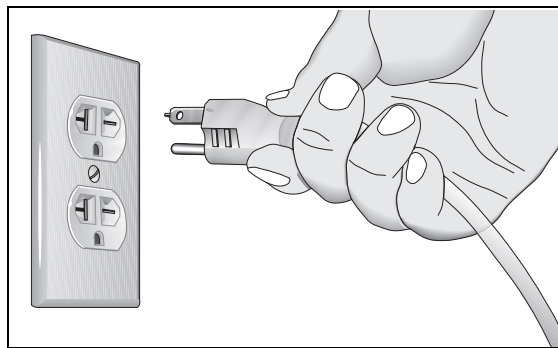

Figure 1: 120-volt power plug

Figure 2: 240-volt power plug

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at
http://www.precor.com/corp/contact.

Table of Contents

Assembling the Treadmill

To prepare the treadmill for assembly:

1. Have your assistant help place the shipping carton close to the location where you plan to use the treadmill. Break down the sidewalls of the shipping carton so that they lie flat. Remove the loose contents of the carton.

   CAUTION: Use safe lifting techniques throughout the following steps.

2. With the help of as many assistants as necessary, lift the treadmill off of the pallet and roll it gently onto the floor.

3. **Make sure that the power switch is OFF.** Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position. Make sure that the treadmill is **not** plugged into a power source.

   Note: In the following step, do not roll the treadmill over its power cord.

4. Lift the unit by placing hands on opposite sides of the rear cross brace found under the treadmill's running belt. Roll the treadmill on its front wheels to the area where it will be used.

5. Remove the shipping fasteners from the front panel using a ¼-inch hex key and a ½–inch box-end wrench.

6. Remove any tape or wire ties securing the display cable to the side of the unit.

   WARNING You will need assistance to assemble this unit. *DO NOT attempt assembly by yourself*.

Installation Requirements

The location where the treadmill is installed must provide power connections that supply the appropriate voltage, a dedicated branch circuit, and grounding as specified on the treadmill.

CAUTION: Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur and void the Precor Limited Warranty if the treadmill is connected to an improper power source.

Required Tools

- ¼-inch hex key
- ½-inch box-end wrench
- Bubble level
- #2 Phillips screwdriver
- String
- Wire cutter

Hardware Kit (not to scale)

Fasteners		Quantity
	Power cord clips	6
	5⁄16-inch x 3⁄4-inch socket head screws	8
	5⁄16-inch x 3⁄4-inch buttonhead screws (zinc finish)	6
	5⁄16-inch x 3⁄4-inch buttonhead screws (black finish)	4
	Flat head hex drive screws (1⁄4-inch x 1⁄2-inch)	4
	5⁄16-inch locknuts with star washers	4
	5⁄16-inch split lock washers	10
	5⁄16-inch flat washers (zinc finish)	6
	5⁄16-inch flat washers (black finish)	12
	1⁄4-inch hex keys	1
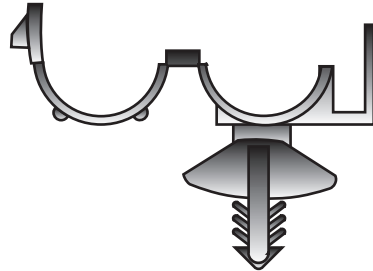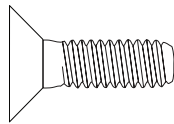
Note: Be sure to store the hex key in a secure place. It is used for specific maintenance procedures that are described in the manual.

Unpacking the Treadmill

CAUTION: To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

Before you begin, verify that you have received the following parts:

- Base frame assembly
- Left and right upright supports
- Center console with handrails
- Hardware kit

Assembling the Frame

As you add the left-hand and right-hand upright supports to the treadmill base, you will need to make sure that the cable assembly is threaded properly through the right-hand support so that the necessary connections are available when you add the Atlas display.

DANGER   **Make sure that the treadmill is not connected to any power source before you begin the following procedures.**

To begin assembly of the frame:

1. Remove the hood and set it aside.
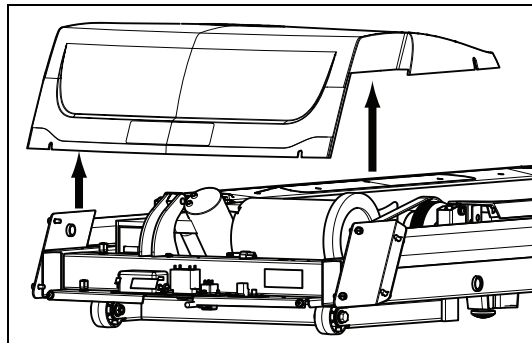
Figure 3: Hood removal

2. Place the left-hand upright support into the base frame side bracket.
3. Feed the cable assembly through the right-hand upright support. Tape the cable to the top of the upright support to secure it temporarily.

4. Secure the left-hand upright support to the side bracket using four socket head screws, four black washers, and two locknuts. Partially tighten the fasteners.

Figure 4: Upright support attachment, left side

5. Place the right-hand upright support into the base frame side bracket.

    Important: *Do not stretch, crimp, or damage the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*

6. Secure the right-hand upright support to the side bracket using four socket head screws, four black washers, and two locknuts. Partially tighten the fasteners.
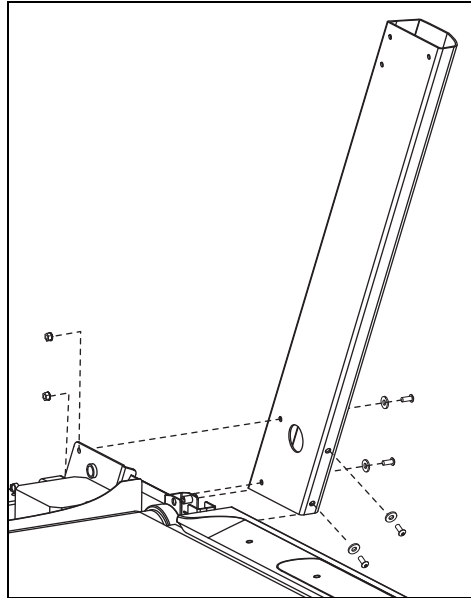
Figure 5: Upright support attachment, right side

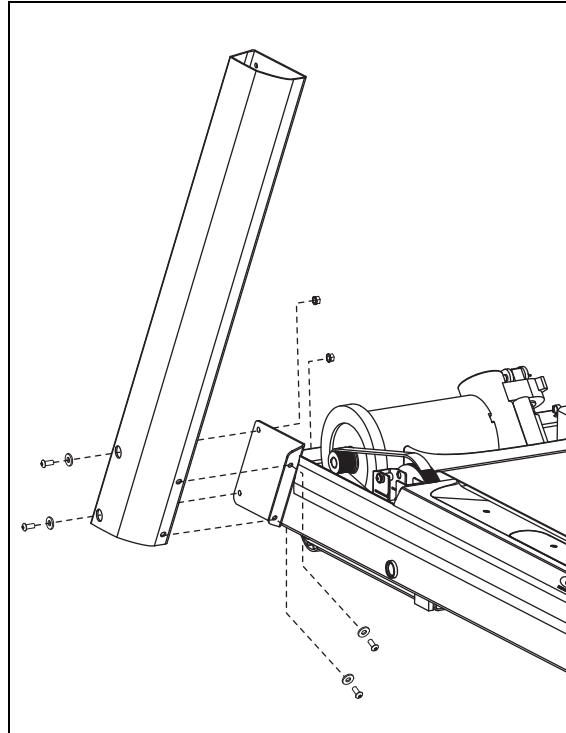7. Remove any tape or wire ties that secure the cable assembly. Unwrap the cable assembly and remove any kinks. Push back the unneeded length of the cable assembly into the right side upright support.

    Caution: Be careful not to cut or pinch any wires during the following step.

8. Lower the treadmill handrail and console assembly over the upright supports and align it to them.

9. Feed the upper end of the cable assembly through the console so that its upper end extends through the opening in the display mounting plate.

    Note: In the following step, use the zinc-finish buttonhead screws and flat washers from the hardware kit.

10. Secure the handrail and console assembly using six buttonhead screws and six washers. Partially tighten the fasteners.

    Important: *Do not wrench-tighten the fasteners until the unit has been fully assembled. Make sure the fasteners do not pinch any cables. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*
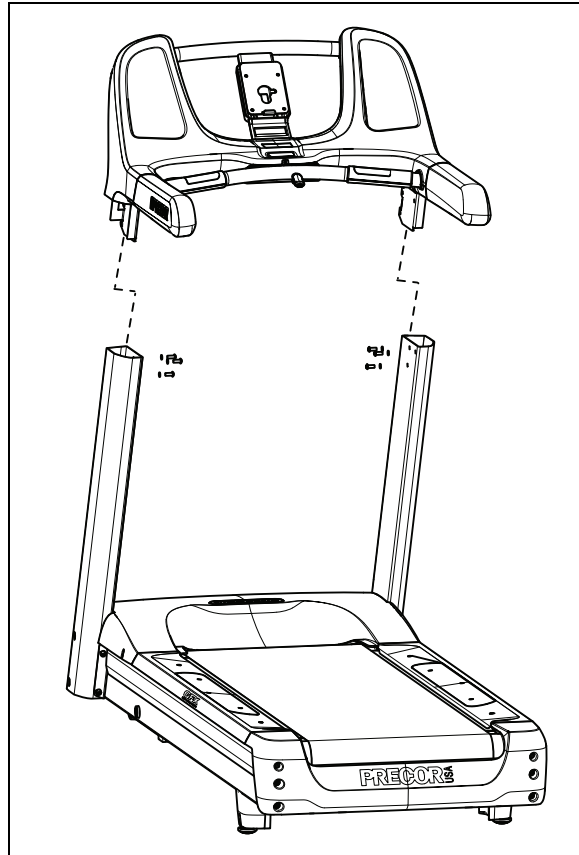
Figure 6: Handrail and console assembly attachment

Completing Assembly

After the upright supports, the console, and the handrail extensions are in place, replace the hood on the treadmill base and finish securing the fasteners.

CAUTION: Be aware of the handrail extensions when you are working around the front of the unit. It is easy to bump your head or sustain other injuries if you ignore the location of the handrail extensions.

To complete assembly of the treadmill base:

1. Replace the hood.

   Important: Use your fingers to align and thread the four hood fasteners properly. Then use a wrench to tighten the hood fasteners completely as described in the following step.

2. Secure the hood using four black buttonhead screws and four black washers. Tighten the side fasteners first, and then tighten the front fasteners.
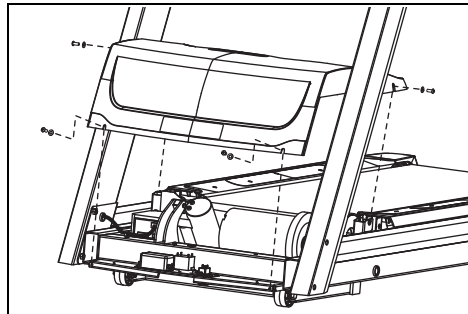
Figure 7: Hood and fastener placement

To secure the fasteners:

1. Using an alternating order, tighten the eight fasteners that secure the upright supports to the treadmill base.
2. Fully tighten the six screws that secure the display console to the upright supports.

Attaching the Power Cord Clips

This treadmill includes a set of clips that hold the power cord away from the incline lift movement and other potential sources of wear and damage. Use these clips to secure the power cord to the base frame beneath the hood.

Important: When attaching the power cord clips, keep users' safety and the placement of the power cord in mind. If the power cord runs along the length of the treadmill, use the power cord clips to secure it to the side rail.

To attach the power cord clips:

1. Wrap the clip around the power cord near the power switch at the front of the treadmill and clamp it shut.
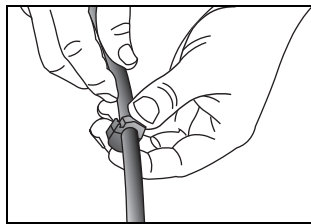
Figure 8: Clip placement on power cord

2. Insert the serrated portion of the clip into the hole located under the front of the unit on either side of the power switch.
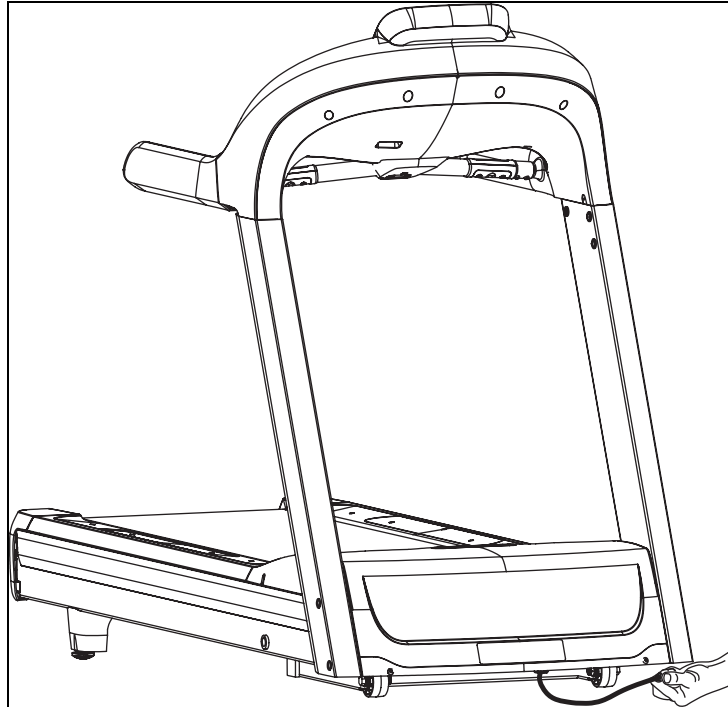
Figure 9: Power cord placement under front of treadmill

3. Place the clips along the length of the power cord as needed while you direct the cord to the power outlet. The holes, found in the frame beneath the side rail, are spaced 12 inches (31 cm) apart along the length of the side rail.
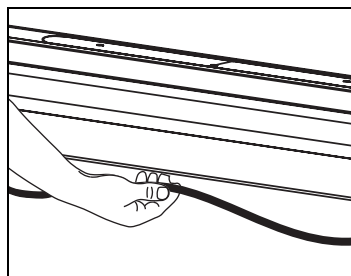
Figure 10: Power cord placement under side of treadmill

Checking Treadmill Alignment and Adjusting the Running Belt

Before you allow anyone to use the treadmill, you must check the alignment of the running belt and adjust it as needed. For more information, refer to *Checking the Alignment of the Running Belt* and *Adjusting the Running Belt* in the *Maintenance* chapter.

Leveling the Unit

The treadmill deck must be absolutely level from side to side to keep the belt in alignment and ensure proper operation. If the load is not equally distributed across the treadmill deck, users may feel excessive vibration or observe it at the display. You must make sure the deck is level before allowing anyone to use the treadmill.

*Important: Observe the following precautions throughout this procedure:*

- *Adjust only one rear foot at a time.*
- *Do not raise the unit beyond ¾ inch (2 cm).*
- *Install the unit only on an absolutely even surface. Adjusting the rear feet cannot compensate for variations in the surface under the unit.*

To level the treadmill:

1. Place a bubble level across the running belt to see whether the treadmill is level.
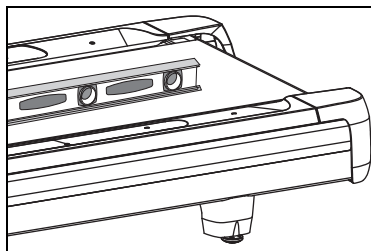
Figure 11: Bubble level placement on running belt

If the treadmill ...	Then ...
Is level	Skip to the next procedure.
Is **not** level	Continue with step 2.

2. Position yourself next to the adjustable rear feet.

   Important: *Be sure that your assistant uses proper lifting techniques in the following step.*

3. Ask a capable assistant to lift the rear portion of the treadmill (using proper lifting techniques).

4. Adjust the rear feet as needed.
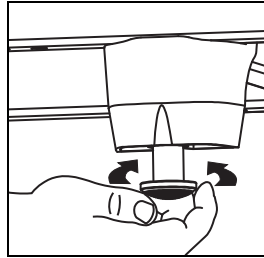
Figure 12: Leveling foot adjustment

5. Repeat steps 1 through 4 until the treadmill is level.

6. If necessary, adjust the rear feet so that the user's weight is distributed evenly on the treadmill.

Plugging In the Power Cord

CAUTION: Use the supplied power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter to use a non-grounded outlet. Do not plug the unit into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and void the Precor Limited Warranty.

After assembly is complete, plug the power cord into an appropriate outlet.

Important: The treadmill requires a dedicated branch circuit. A 20-amp circuit is recommended. Refer to Treadmill Grounding Instructions.

Breaking the Equipment In

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to *Obtaining Service*.

Installing the Control Display

Each Atlas exercise unit can be fitted with one of the following control displays:

- The AT-1500 Display gives your club or facility patrons seamless access to all of the new Member Experience™ features available with the Atlas product line. Immersive workout imagery, personalized entertainment, interactive exercise program feedback, a reader for Precor Pass™ user IDs, and much more are built into this display. The AT-1500 is ideal for facilities that plan to offer a full, premium member experience from first installation onward, without adding any attachments later.
- The AT-75 Display provides controls and text-based information for a user's current exercise session.

To make installation easier, both displays use the same mounting hardware and connector locations whenever possible. The installation sequence for either display is as follows:

- Threading the cable assembly
- Connecting cables
- Tying back unused cables (Model 75 only)
- Completing the installation (tightening the mounting screws and attaching the back cover)

The following sections describe how to perform these tasks.

Threading the Cable Assembly (AT-1500)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the display mount. As you line up the back plate on the display with the display mount, you must make sure that the cable assembly passes correctly through the openings in both components.

Important: Before you begin the following procedure, make sure that the rear cover is removed from the display. Set the cover aside, along with any mounting screws used to secure it in place on the display, for use later in the installation.

To thread the cable assembly:

1. Make sure that as much of the each cable as possible passes through the opening in the middle of the display mount on the base unit.
2. Position the display over the display mount.

3. Rest display on the display mount so that the notch on the bottom of the display's back plate rests on the rectangular hook at the bottom of the display mount.

Figure 13: Display positioning on base unit

4. Tilt the display backwards until it stops. Use one hand to steady the display in this position, or ask your assistant to do so.

5. Attach the Ethernet connector to the eight-pin modular jack just above the large opening in the display's back plate.

6. Tilt the display forward and secure it using at least one ½-inch flat head screw.

Connecting Cables (AT-1500 Display)

After the display has been seated, attach the individual cables of the cable assembly to the appropriate circuit connectors inside the display. Refer to the following diagram and table to identify the cables and connectors.

Caution: Many of the connectors are keyed or polarized, so that they can be connected in only one way. However, because some of the strip connectors are not keyed or polarized, they can be connected in inappropriate ways.

When attaching unkeyed, unpolarized strip connectors, identify the shaded or striped lead on the connector and make sure to attach it to the pin labeled as pin 1 on the circuit board. *Attaching unkeyed connectors the wrong way can cause damage to the display, the circuitry in the base unit, or both.*

Figure 14: Cable connections, AT-1500 display

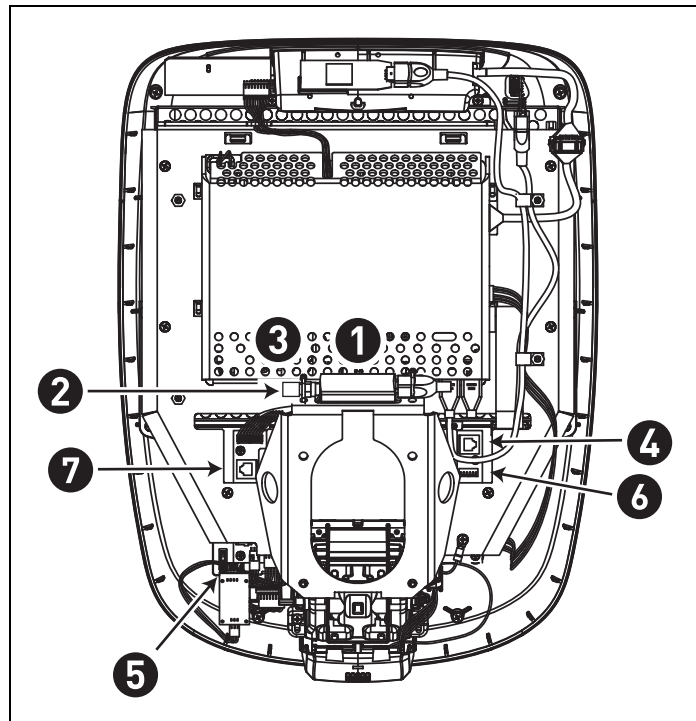| Cable	Connector Type	Circuit Connector Location
Ethernet (LAN)	Eight-contact modular, on round black cable	**1**
Video in	Coaxial	**2**
Power	Two-contact plug, polarized and latched	**3**
Data from base unit	Eight-contact modular, on flat gray cable	**4**
Heart rate sensors	4-connector strip, keyed	**5**
Safety (stop) key (treadmills only)	Two-contact strip, NOT keyed or polarized	**6** (the two pins farthest to the right)
CSAFE	Eight-contact modular	**7**

Completing the Display Installation (AT-1500 Display)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Insert the remaining ½-inch flat head screws through the holes in the display mount and thread them into the holes in the back plate on the display. Tighten all four screws fully.
2. Line up the two small tabs at the bottom of the display's back cover with the slots at the bottom of the display case. Insert the tabs into the slots.
3. Insert the remaining tabs on the cover with the corresponding slots on the display case.
4. Press gently on the edges of the cover to snap it into place.

Threading the Cable Assembly (AT-75)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the display mount. As you line up the back plate on the display with the display mount, you must make sure that the cable assembly passes correctly through the openings in both components.

Important: Before you begin the following procedure, make sure that the rear cover is removed from the display. Set the cover aside, along with any mounting screws used to secure it in place on the display, for use later in the installation.

To thread the cable assembly:

1. Make sure that as much of the each cable as possible passes through the opening in the middle of the display mount on the base unit.
2. Position the display over the display mount.

3. Rest display on the display mount so that the notch on the bottom of the display's back plate rests on the rectangular hook at the bottom of the display mount.
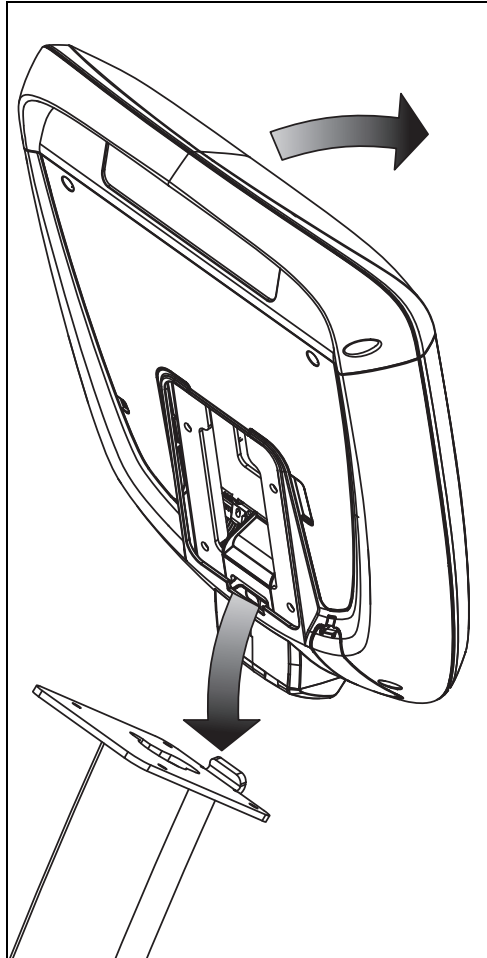

Figure 15: Display positioning on base unit

4. Tilt the display backwards until it stops. Use one hand to steady the display in this position, or ask your assistant to do so.

5. Pull all cables upward and forward until you can drape them over the top of the display's back plate.

6. Tilt the display forward and secure it using at least one ½-inch flat head screw.

Connecting Cables (AT-75 Display)

After the display has been seated, separate the individual cables out of the end of the cable assembly and attach them to the appropriate circuit connectors inside the display. Refer to the following diagram and table to identify the cables and connectors.

Caution: Many of the connectors are keyed or polarized and will fit together in only one way. However, because some of the strip connectors are not keyed or polarized, they can be connected in inappropriate ways.

When attaching unkeyed, unpolarized strip connectors, identify the shaded or striped lead on the connector and make sure to attach it to the pin labeled as pin 1 on the circuit board. *Attaching unkeyed connectors the wrong way can cause damage to the display, the circuitry in the base unit, or both.*
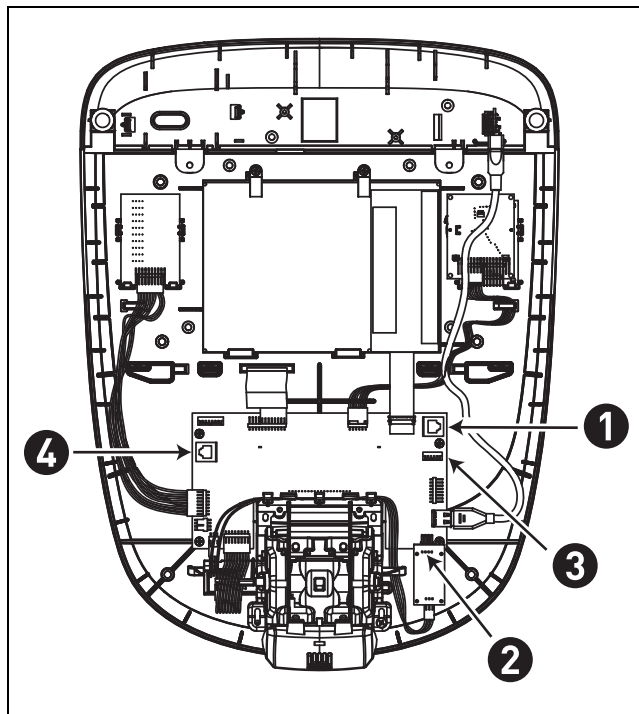

Figure 16: Cable connections, AT-75 display

Cable	Connector Type	Circuit Connector Location
Data from base unit	Eight-contact modular, on flat gray cable	**1**
Heart rate sensors	4-connector strip, keyed	**2**
Safety (stop) key (treadmills only)	Two-contact strip, NOT keyed or polarized	**3** (the two pins farthest to the right)
CSAFE	Eight-contact modular	**4**

Storing Unused Cables (AT-75 Display)

To prevent interference with the circuitry in the display, do not store unused cable connectors within the display housing. Instead, after you have connected all of the cables needed to operate the base unit and support your facility, store the remaining cables in a frame member or console enclosure of the base unit.

Completing the Display Installation (AT-75 Display)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Insert the remaining ½-inch flat head screws through the holes in the display mount and thread them into the holes in the back plate on the display. Tighten all four screws fully.
2. Line up the two small tabs at the bottom of the display's back cover with the slots at the bottom of the display case. Insert the tabs into the slots.
3. Insert two #8–32 x ½" #2 Phillips-head screws into the holes at the top edge of the display's back cover. Tighten the screws fully.

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals shown on the maintenance checklist. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment is self-powered but also uses the optional power adapter, disconnect the adapter.**

Daily Cleaning

Precor recommends that you clean the equipment before and after each exercise session. To remove dust and dirt from the equipment, wipe all exposed surfaces with a soft cloth that you have moistened with a mild cleaning solution. To create the cleaning solution, mix 30 parts of water with 1 part of Simple Green® or a similar concentrated detergent.

CAUTION: Do not use concentrated cleaners at full strength, or acidic cleaners of any kind. Such cleaners weaken the protective finish on the equipment and void the Precor Limited Warranty. Never pour water or spray liquids onto any part of the equipment. Allow the equipment to dry completely before using.

Vacuum the floor underneath the equipment frequently to prevent the accumulation of dust and dirt that can interfere with its operation. Use a soft nylon scrub brush to clean the running belt on treadmills or the grooves on equipment with foot pedals.

CAUTION: On treadmills, as you clean the hood or side rails, remain aware of the handrail extensions to avoid injury.

Daily Inspection

At least once every day, examine the equipment for the following problems:

- Slipping belts
- Loose fasteners
- Unusual noises
- Worn or frayed power cords
- Worn, damaged, or missing safety lanyards or clips (treadmills only)
- Any other indication that the equipment may be in need of service

If you notice any of these problems, obtain service at once. To order parts or contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Important: *If you determine that the equipment needs service, disconnect any power connections and move the equipment away from the exercising area. Place an OUT OF SERVICE sign on the equipment and make it clear to all patrons and other users that they must not use it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support (refer to *Obtaining Service*).

CAUTION: For your safety, use the power switch to turn OFF the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on it.

Important: This procedure uses the terms "left" and "right" as they would appear to a person standing behind the treadmill and facing the display. Make all belt adjustments on the adjusting bolts at the rear corners of the treadmill, using the hex key provided, and do not turn either bolt more than ¼ turn before checking the alignment of the running belt again. Overtightening the adjusting bolts can damage the treadmill.

To adjust the running belt:

1. Locate the adjusting bolts in the end caps at the rear corners of the treadmill, as shown in the following diagram.
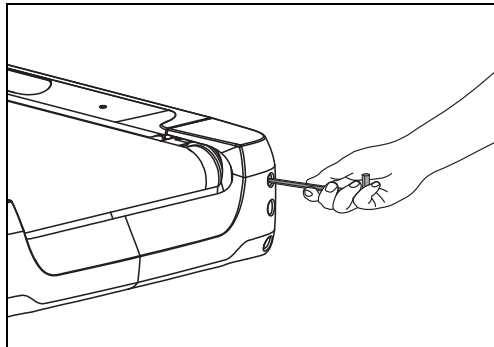
Figure 17: Location of the adjustment bolt

2. Using the hex key, move one of the adjusting bolts ¼ turn counterclockwise to loosen it.

If the belt tracks off center ...	*Then loosen ...*
To the left	The right adjusting bolt
To the right	The left adjusting bolt

3. Recheck the belt position as described under *Checking the Alignment of the Running Belt*.

Note: If slippage occurs, tighten both adjusting bolts evenly until it stops. Do not overtighten the belt.

Checking the Alignment of the Running Belt

Proper alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (refer to *Obtaining Service*).

CAUTION: Take special care when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Do NOT wear loose clothing or allow your hair to hang loose during this procedure. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

To align the running belt:

1. Make sure that the running surface is as level as possible. If necessary, adjust the rear feet as shown in the Assembly Guide to level the treadmill.

   Note: Adjusting the rear feet cannot compensate for extremely uneven surfaces. If you cannot make the running surface level and stable, move the treadmill.

2. Turn the treadmill ON.

3. Stand beside the treadmill and press QUICKSTART.

4. If necessary, enter the safety code by pressing the number keys in sequence. The running belt starts automatically after a 3-second countdown appears on the display.

5. Press the SPEED UP key until the display shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.

6. Observe the belt from the rear of the treadmill for a few minutes. The belt should remain centered along the running bed. If it drifts off center, adjust it. Refer to *Treadmill: Adjusting the Running Belt*.

   Important: Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.

7. Press the red STOP button to stop the belt.

8. Turn the treadmill OFF.

Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Moving the Equipment

The equipment is very heavy. If you plan to move it to a new location, obtain the help of an adult assistant and use proper lifting techniques. If the equipment includes roller wheels on one end, use the wheels to reduce the load on yourself and your assistant.

Important: The plastic end caps on Precor treadmills are designed specifically for lifting. Working with your assistant, place a hand under each side of the end cap. Then, using proper lifting techniques, lift the rear of the treadmill so that it rolls on its front wheels.

The treadmill can be easier to move if it is in an inclined position.

To put the treadmill into an inclined position for moving:

1. Press the QUICKSTART button.
2. Increase the incline level to 4 or more.
3. While the treadmill is running, turn the main power switch OFF.
4. Disconnect the treadmill's power cord.

Long-Term Storage

If you do not expect anyone to use the equipment for a long time, perform the following tasks to prepare it for storage:

- If it is a treadmill, turn it OFF.
- If it is externally powered, disconnect its power cord.
- If it is self-powered and has an optional power adapter, connect the adapter to prevent damage to the internal battery.
- Position it so that it will not become damaged and will not interfere with people or other equipment.

Treadmill Safety Features

Before allowing users on Precor equipment, review the in this manual. You should also teach your patrons how to use the equipment safely, according to the guidelines on.

Entering the Safety Code

When the equipment is shipped from the factory, safety code protection is not active.

After you have activated the safety code, you must inform your patrons that the equipment requests a safety code to prevent unauthorized use. They must complete the following steps to use the equipment.

To enter the safety code and start the treadmill:

1. Assume the starting position, with one hand free to enter the code and the other hand holding a handrail.

   Important: Hold the handrail securely with at least one hand throughout the following steps.

2. When you see the PRECOR banner text on the display, select a program or press QUICKSTART.

3. When you see the ENTER SAFETY CODE TO UNLOCK MACHINE message on the display, press the 1, 2, 3, and 4 keys in order.

   If you have entered the code correctly, the program selection process continues. Otherwise, the equipment pauses for two minutes and then prompts you to enter the code again. Pressing five or more keys returns you to the initial safety code prompt.

Note: On a treadmill, a 3-second countdown appears on the display before the running belt starts to move. Refer to *Workout Options* in the *User's Reference Manual*.

Using the Safety Clip

Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate that they should attach it to their clothing near the waistline. With the lanyard attached, any movement that causes a strong tug on the safety lanyard—such as a loss of footing—stops the running belt.

If a user's safety switch trips during exercise, have the user perform the following steps:

1. Reattach the safety clip.
2. Press the SPEED UP or QUICKSTART button.
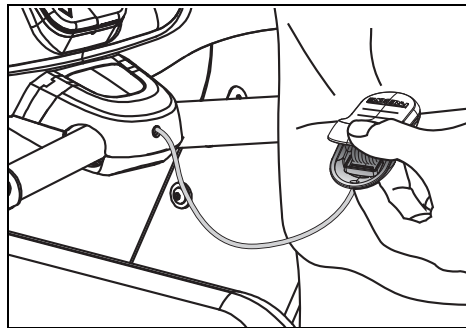3. Reenter the safety code, if necessary.

Figure 18: Attaching the safety clip

Note: The treadmill retains users' workout statistics if they resume their workouts within the time limit set for pause mode.

Turning the Treadmill On and Off

To turn the treadmill ON and OFF, use the power switch located beneath the hood, near the power cord receptacle.

Important: When the treadmill is not being used, turn it OFF.

Weight Limit

You should not allow runners over 350 lb. (160 kg) or walkers heavier than 500 lb. (225 kg) on the treadmill.

Location

The area around the treadmill must remain open, and free of interference from objects such as other equipment, at all times. In addition, for user safety and proper maintenance, an area three feet (one meter) wide by six feet (two meters) long must remain open and free of interference directly behind the running belt.